Celebrity p/14

Paris says boyfriend helped her to grow up

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CALGARY • MONDAY, JULY 28, 2008 metronews.ca

Man dies in another downtown shooting

KRISTA SYLVESTER
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SUSPICIOUS Stopping short of calling it murder pending an autopsy set for today, police are investigating a shooting that left one man dead in Chinatown.

Police were called to the 100 block of 2 Ave SE just after 11 p.m. Saturday night, and upon arrival police found a man dead in his vehicle.

While confirming police were responding to reports of shots fired, Insp. Dave Wood said police are only calling the death suspicious at this point.

"Pending the notification of next of kin, the gang unit may be involved at a later time," he said, adding homicide is investigating.

The death comes less than a week after a man was shot several times in his vehicle in the city's Beltline and after high ranking gang member Roger Chin was buried last week.

Beijing page 6

Retiree gets back in the Games

Workology page 10

Discretion key to office romance

Pink Week page 8

Nation dons pink to battle cancer

ROBIN KUNISK/FOR METRO CALGARY

Sisters Ella Sweetnam, 72, and Shirley Kozolovich, 76, of the Rambling Roses team, did their first walk together in The Weekend to End Breast Cancer. They finished the walk with 1,400 other Calgarians.

Walk raises $4M

1,400 tread 60 kilometres for fight against cancer

ALICIA FOX
for Metro Calgary

Even Mother Nature roared in thunderous applause yesterday.

As the last of the 1,400 Weekend to End Breast Cancer walkers rounded their last corner, rain began to pour and thunder rocked the skies; thankfully, it had held out most of the weekend.

Supporters braved the 60-kilometre walk to raise over $4 million during Calgary's fourth annual event.

"I'm walking for my daughter, walking for my sons," said participant Marion McNeill, who celebrated five years cancer-free as of this past weekend.

"My mindset is getting out the message to do an exam and get a mammogram."
Participant Marion McNeill

The Calgarian-since-2007 travels all over Canada to participate in fundraising walks, and has raised around $21,300 through eight total.

She describes them as her "therapy classes" because of how many people's stories she hears.

"My mindset is getting out the message to do an exam and get a mammogram," she said.

As of this year, more women will choose to get those much-needed exams.

Linda Mickelson, CEO of the Alberta Cancer Foundation, said this year marks the completion of a $10-million commitment they made to attain digital equipment.

Included in that promise are two fully self-contained vans equipped with mobile digital screening equipment.

The vans will travel to 100 communities across Alberta and can do mammograms in areas where the equipment is not normally readily accessible.

"This means more women's lives will be saved," said Mickelson, who stressed the importance of regular check-ups.

The vans should be ready in time for next year's walk.

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Man's body found in Bow River
Okotoks RCMP are investigating after a man's body was found near a boat launch in the Bow River near DeWinton. The man was found around 6 a.m. and an autopsy is scheduled for early this week. METRO CALGARY

Local

"It's a good family event and has a nice variety of cars to look at."

Jessica Leeman, left, said about the Rides n' Rods car show in Calgary yesterday.
METRO CALGARY

Barbecue a suspect in two-alarm house fire

ROYAL OAK An unattended barbecue, left burning throughout the night, is suspected of causing a two alarm blaze that resulted in $125,000 in damage to a home in Royal Oak NW.

Around 4:30 a.m. Sunday, fire crews responded to a call of a fire that started on the back deck and forced six occupants out of the home after one thought she heard an explosion while another person battled the blaze with a garden hose.

By the time the fire department arrived, the blaze had made its way into the attic and was quickly contained.

METRO CALGARY

Age-old sport unites

ALICIA FOX
for Metro Calgary

Community members of Martindale are rediscovering an age-old sport.

Since the northeast community is so culturally diverse, the Martindale Community Association purchased a cricket set from India in hopes the sport will bring people together and back to their roots.

"In this community, 60 per cent of the people living here come from the countries where this game is played," said Ravi Prasad, social director for Martindale. He said the Saturday games bring new people out to play and watch each time. The next game is Aug. 23.

Community members like Ali Baloch, who has lived there since October with his family, like the idea of using the large, empty space near the brand new school for such a community-oriented initiative.

ALICIA FOX/FOR METRO CALGARY

Raza Anees, 15, was enjoying a game of cricket last Saturday.

"Canada is all about multi-cultural diversity," he said.

Martindale itself is "a fairly new community" according to Terry-Lyn Martin, president of the community association, and Ald. Jim Stevenson said it's "really blossoming."

However, the community is experiencing "a lot of growing pains" according to Martin due to massive industrial and economic development, population increases, and facilities and programs just can't keep up.

Martin hopes that a new NE community centre, slated for Martindale and the surrounding communities of Taradale and Saddleridge, will provide a place for "teens to hang their hats."

"We really were in desperate need of a facility," she said.

Young people in the community, like Alisha, 16, and Romika Prasad, 20, like the community but are looking forward to a place they can go that's not just a park.

Martindale, Taradale and Saddleridge

- The $125-million community centre will include a public library, YMCA, and numerous sports courts along with several other amenities.
- An application will be made to the city for a building permit when $15 million is raised, but Martin said that after 10 years they're close to that amount and hopes it will be completed by about 2012.

SE LRT up for debate

NEIL MACKINNON
neil.mackinnon@metronews.ca

They're hoping to put a southeast LRT line on the fast track.

City council will debate a joint motion by Aldermen Ric McIver and Joe Ceci today that asks the city to re-confirm its commitment to a southeast LRT line and submit the project to the province as part of their $2 billion funding announcement earlier this month for transit-oriented projects across Alberta with the ultimate goal of reducing greenhouse gas emissions.

The province had intended the funds to go towards regional transportation links and neither Ceci or McIver foresee that being a problem.

"It could be part of a bigger system as long as we make sure there's a big parking lot at the end of the line and a lot of good bus connections, I think that would satisfy the regional tone," he said.

The southeast line, which is expected to cost around $2 billion itself, is slated to be built in two parts, but could be broken down into smaller chunks if it would guarantee the province's financial help, Ceci said.

The motion also asks administration to start buying up land, when it becomes available for the project to "guarantee smart growth and facilitate transit oriented development," McIver said.

Rides n' Rods **Big toys**

ROBIN KUNISKI FOR METRO CALGARY

Elijah Wilson, 4, left, and Braydon Anderson, 7, are revving with excitement while checking out cars at the Rides n' Rods show just off Edmonton Trail and 38 Ave NE yesterday.

26-year-old man arrested in Leduc sexual assault case

IN CUSTODY RCMP have arrested a man wanted for sexual assault on a young child in Leduc after a massive hunt for the suspect.

On Saturday RCMP received a tip from a woman who had seen the suspect on the news Authorities arrested and charged 26-year-old Clinton William Schuler, from Millet, Alta, with sexual assault, sexual interference and uttering threats to cause bodily harm.

He will remain in custody until his first appearance on July 31 in Leduc Provincial Court.

METRO CALGARY

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What's online today.

Check out exclusive photos from B.C.'s rockin' Pemberton Festival
Read today's news highlights in Metro Snapshot
Watch a baby seal getting nursed back to health
Search for jobs using Metro's Workopolis search
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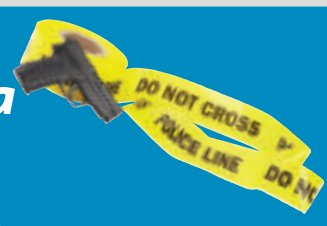
Hells Angels celebrate 25th anniversary of B.C. chapters
The Hells Angels marked the 25th anniversary of the motorcycle club presence in White Rock, Nanaimo and Vancouver with a massive party in B.C. this weekend. METRO CANADA

Canada

"This is very disconcerting to us as a police service."

Halifax police spokeswoman Theresa Rath speaking about an officer who is facing criminal theft charges.



Accused

The officer is facing three counts of theft under $5,000, two counts of possession of stolen property and one count of unsafe storage of a firearm.

B.C. woman gives birth to 18th child

TRACEY TONG
Metro Canada

As if Livia Iounce didn't already have her hands full after giving birth to her 18th child last Tuesday, she and her husband have been inundated with media requests from around the world.

"I'm doing well and the baby … is doing well," she said during a phone interview from her home in Abbotsford, B.C., yesterday.

Baby Abigail joins nine sisters and eight brothers who range in age from just 20 months old to 23 years old.

Livia, 44, said she and her husband, Alexandru, 51, have only depended on each other and their children to raise such a large family.

"Just my kids and my husband," she said, adding that her oldest children, who now live in their own apartments across the street, come home often to lend a hand.

Alexandru has also taken time off from his job in construction to help Livia and the family's new addition.

More to come?

The couple, who have called Canada home since moving from Romania in 1990, said they turned to God to decide how many children they would have and aren't sure if Abigail will be their last.

Pitching a lawyer's life on the reserves

BIKE TOUR Josh Sutherland is a University of Toronto law student whose grandmother is Ojibwa — which makes him Métis, an aboriginal.

The 25-year-old adventurer has decided to use a bike to travel 1,700 kilometres between five native reserves in British Columbia, Alberta and Saskatchewan in August to promote the idea of law school — but he hasn't ridden a bicycle in 15 years.

"I figured if I show up on a reserve by car, they'd probably think I was lost, but if I arrive by bicycle with my helmet and jersey and sunglasses and loaded down with saddle bags on front and back, it will break the ice and catch the kids' attention," said Sutherland, who has been madly training for three weeks.

What he will tell them, he says, is to forget all the myths that keep so many aboriginals from going on to higher education.

He'll point out there's all sorts of financial aid and free tutoring and campus native networks that can help a kid from the reserve feel at home.

"It wasn't that long ago you lost your (Indian) status in Canada if you earned a university degree, so a lot of aboriginals still resent that and think of post-secondary education as a form of assimilation,"

Meanwhile, Sutherland also has received sponsorship from the blue-chip law firms of Torys; Osler, Hoskin & Harcourt; McCarthy Tétrault; Gowling Lafleur Henderson and Fraser Milner Casgrain. Sutherland will fly out Wednesday with his bike to Vancouver and begin a cycling tour of reserves in in B.C. then on to Calgary and Saskatoon.

TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

Josh Sutherland, a University of Toronto law student, aims to tour five native reserves in B.C., Alberta and Saskatchewan in August to promote the idea of law school to native teens.

NATO offering to send more troops to help in Afghanistan

CANADIAN MILITARY NATO countries have agreed to send more troops to the volatile south of Afghanistan, Foreign Affairs Minister David Emerson said on Saturday, and another 200 Canadian troops could also be deployed.

200
The number of soldiers by which Foreign Affairs Minister David Emerson said Canada may increase its troop level.

Canada has more than 2,500 soldiers in Afghanistan, and have suffered one of the worst casualty rates fighting a resilient Taliban insurgency in the southern province of Kandahar.

"We've been talking with our NATO allies and in fact we do now have commitments to increase the number of troops particularly in the Kandahar region," Emerson said in Kabul.

"We're really more comforted that the troop support is being increased in an appropriate way," Emerson said.

REUTERS

News in brief

CARBON TAX Byelections to fill three seats in the House of Commons will be held on Sept. 8 with the major issue likely to be the Liberal party's proposal to introduce a carbon tax. Prime Minister Stephen Harper announced the date of the elections Friday. Two of the seats are held by Liberals and one by the Bloc Quebecois.

FALSE ALARM A 12-year-old Quebec girl who claimed she had been kidnapped has admitted to police it was a hoax. Police will not charge her with mischief because of her age. Police spent Friday night and Saturday hunting for a suspect the girl claimed had forced her into a vehicle.

REUTERS

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Cambodian ruling party claims election victory

The ruling Cambodian People's Party claimed an expected victory in yesterday's general election, giving another five years in power to ex-Khmer Rouge guerrilla Hun Sen, prime minister for the last 23 years. The CPP was on course to win 80 of the 123 seats. **REUTERS**

World/Business

India on alert after 2 days of bombings

India's big cities were put on high alert yesterday, with fears of more attacks after at least 46 people were killed in two days of bombings that hit a communally sensitive western city and a southern IT hub.

At least 16 bombs exploded in the city of Ahmedabad in Gujarat state on Saturday, killing at least 45 people and wounding 161, a day after another set of blasts in Bangalore killed a woman.

Two more unexploded bombs were found in the city of Surat yesterday.

A little-known group called the Indian Mujahideen claimed responsibility for the Ahmedabad attack. The same group said it carried out bomb attacks that killed 63 people in the city of Jaipur in May.

There were two separate series of bombings in Ahmedadad, the first near busy market places. A second quick succession of bombs went off 20 minutes later around a hospital. All were detonated with timers. At least one bomb was tied onto a gas cylinder. Many of the bombs were packed into metal tiffin boxes used to carry food. **REUTERS**

PAWAN KUMAR/REUTERS

Indian railway police check luggage yesterday at a station in the northern city of Lucknow.

Tennessee

Church shooting leaves one dead

SHOTGUN A man opened fire with a shotgun in the Tennessee Valley Unitarian Universalist Church in Knoxville, Tenn., yesterday morning, killing one person and wounding several others. Local media said a man walked into the church while children were performing a scene and began firing, striking six or seven people before he was tackled by congregation members. **REUTERS**

Qantas to inspect oxygen bottles

747 EMERGENCY Qantas was ordered yesterday to check all oxygen bottles on its fleet of Boeing 747s after investigators said an exploding oxygen bottle might have ripped a hole the size of a minivan in a Qantas 747, forcing it to make an emergency landing at Manila. All 346 passengers and 19 crew disembarked safely. **REUTERS**

Istanbul blasts kill 13, injure 100

TERROR Thirteen people died and up to 100 were wounded yesterday when two bombs exploded in a busy shopping district in Istanbul, officials said.

"It is certain that this is a terror attack," city governor Muammer Guler said.

TV showed ambulances carrying badly wounded people to hospital after the explosions at two sites in the Gungoren district of Turkey's biggest city.

The victims were killed by the second explosion after a small blast in a telephone kiosk brought people out onto the street, NTV television news said.

"First a percussion bomb exploded and then a bomb in a garbage container exploded," Deputy Prime Minister Hayati Yazici said.

Kurdish separatists, far-left groups and Islamists have carried out bomb attacks in Istanbul in the past.

Turkey has been plunged into political uncertainty by a court case over banning the ruling party that begins today. **REUTERS**

Contest **Blowing their horns**

VALENTIN FLAURAUD/REUTERS

More then 100 Alphorn blowers perform yesterday during the International Alphorn contest in the southern part of Switzerland on the alp Tracouet in Nendaz.

News in brief

TENSIONS Hamas and Fatah carried out tit-for-tat arrests of each other's followers yesterday after Gaza bomb attacks killed five Hamas militants and a girl on Friday, fuelling tension between the Palestinian factions.

SOLIDARITY U.S. presidential candidate Barack Obama said U.S. President George W. Bush's decision to send a senior diplomat to nuclear talks with Iran was a substantive move and should be taken seriously by Tehran. Obama has been highly critical of Bush's policies toward Iran. **REUTERS**

Business

Imports are quarter of vehicle market

IMPORTS Auto imports in Canada and the U.S have climbed to their highest levels in two decades, providing union leaders with more ammunition for government intervention.

Canadian and U.S. sales of vehicles from other countries peaked in 1987 and then fell for about 10 years to less than 12 per cent. Such sales have risen steadily in the past decade to more than 25 per cent of the market this year, according to DesRosiers Automotive Consultants.

The change supports arguments by the Canadian Auto Workers union and some companies that imports are flooding the continent while their home countries put up trade barriers to curb sales of North American-made vehicles.

The union has called for government intervention to press for fair access to foreign markets and force offshore companies to build more plants here.

TORSTAR NEWS SERVICE

Brighter side

- DesRosiers said the growing popularity of offshore autos may lead to a new round of assembly plants in North America since it would be more profitable to build them here because of high volumes.

In **brief**

SATELLITE RADIO Sirius Satellite Radio Inc.'s $3.3-billion US purchase of XM Satellite Radio Holdings was approved with conditions, including a three-year cap on prices, by U.S. communications regulators Friday, clearing the way for a deal that will leave just one U.S. satellite radio service.

WTO TALKS The United States said on Saturday it was ready to talk about giving more temporary access to its labour market for foreign professionals, a big demand of some developing countries in world trade talks in Geneva. Many developing nations want lower barriers for their lawyers, accountants, midwives, nurses and other professionals. **REUTERS**

Apple CEO's life not at risk: Report

HEALTH Apple Inc. CEO Steve Jobs does not have recurrent cancer or a life-threatening health issue, The New York Times reported on Saturday. In 2004, Jobs, 53, had surgery to remove a rare type of pancreatic cancer. Concerns about his health roared back last month, when a thinner-than-usual Jobs introduced the latest iteration of the iPhone at a conference in San Francisco. Apple attributed the weight loss to a common bug. **REUTERS**

KIMBERLY WHITE/REUTERS

Steve Jobs

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Going Green

Save a tree

According to Greenpeace, if each Canadian household replaced one roll of toilet paper cut from ancient forests with one roll of recycled toilet paper, we could save 47,962 trees in one year.

METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Putting eco back into economics

ScienceMatters

David Suzuki & Dr. Faisal Moola

Life is believed to have arisen on Earth some four billion years ago. DNA probes reveal that humans originated as a species in Africa some 150,000 years ago, which makes us evolutionary infants. For most of our brief time here, we understood that we were deeply embedded in and utterly dependent on nature for our survival and well-being. That reality hasn't changed, but our perception of it has.

For most of our existence, we were nomadic hunter-gatherers, following useful plants and animals through the seasons. Our ecological footprint (the amount of land and water required to fulfil our needs) was slight because when you have to carry everything you own you tend to lug only the bare necessities. People understood and were grateful for nature's abundance and generosity.

About 10,000 years ago, the agricultural revolution signalled a monumental shift in human existence. By deliberately planting and growing food, we could settle in one place and establish roots. Civilizations rose and fell relatively rapidly in evolutionary time, but until the past century, most people lived in rural communities and were involved in growing food.

In the 20th century humankind underwent a profound transformation. From 1900 to 2000, the world's population grew fourfold to six billion people, and cities of more than a million exploded by a factor of 30 to more than 400. More than 80 per cent of people in industrialized nations and more than half the Earth's total population now live in cities. This has resulted in a corresponding change in our relationship with nature.

Nature is the ultimate source of our water and electricity, and nature absorbs our waste. But in our globalized world, we believe the economy takes precedence over nature, a notion a provincial environment minister reinforced when he chastised me, saying, "We can't afford to protect the environment if we don't have a strong, growing economy." We hear it in the many arguments that our efforts to reduce greenhouse gas emissions, although necessary, must not inhibit the economy. But the economy is a human invention, while nature is what all life depends on.

"The economy is a human invention, while nature is what all life depends on."

In elevating economics above everything else, we ignore the reality that we live within and make a living from the finite confines of the biosphere — the thin layer of air, water, and soil where all life exists.

Nothing within a finite world can grow indefinitely; there are limits. If we are to find a truly sustainable future, we have to put the eco back into economics.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

Managing our 'home'

• Economics and ecology are based on the same root word, eco, from the Greek oikos, meaning "home." Ecology is the study of home while economics is its management. Ecologists study the conditions and principles that determine the long-term survival of species. It seems obvious that managing our "home" would depend on understanding these conditions and principles.

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Housing
The Olympic village, which will house 16,000 athletes and officials during next month's Beijing Games, was officially opened by its mayor Chen Zhili yesterday morning. **REUTERS**

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Iraq seeks reversal of Beijing ban

POLITICS Iraq has urged the International Olympic Committee to overturn its ban on the country's participation in the Beijing Games and hopes to meet with the body soon, Iraq's sports minister said on Saturday.

Iraqi athletes said they were devastated by news on Thursday that the IOC had confirmed the country's disqualification from the Olympics for what it considered "political interference" in Iraq's National Olympic Committee (NOC).

Iraq's government said it disbanded the NOC in May because it lacked a quorum and had failed to hold new elections. The IOC gave Iraq a deadline to reinstate the body but the government has not backed down.

Seven Iraqi athletes — two rowers, a weightlifter, a sprinter, a discus thrower, a judoka and an archer — had won places in Beijing before their country was banned. **REUTERS**

Sports in brief

POLITICS U.S. Secretary of State Condoleezza Rice urged China on Saturday not to use security concerns over next month's Olympics as a cover to crush political dissent. There has been a security clampdown in China ahead of the Olympics. Some human rights groups, however, say the Chinese authorities have overreacted to security threats and used it as a way to crack down on political dissidents.

ATHLETICS Jamaica's world 100 metres record holder Usain Bolt sounded another warning to his Olympic rivals with an impressive winning time of 19.76 seconds in the 200 metres at the London Grand Prix on Saturday. Bolt set the year's best time of 19.67 two weeks ago. **REUTERS**

Tomorrow's lineup

BEIJING'S BAGGAGE An elite international sporting event inevitably comes with host city baggage. Read tomorrow's Metro for more.

10 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

'It's time to chase the dream'

Olympian Russell happy he came out of retirement

MATTHEW WUEST
Metro Canada

Andrew Russell's biggest step toward the Olympics came five years ago, when he stepped away from his canoe.

The 25-year-old's unique road to Beijing saw him retire from paddling in 2003 for more than two years to rest chronic shoulder problems and to focus on getting his political studies degree at Queen's University in Kingston, Ont.

The shoulder injuries caused him day-to-day discomfort, while school left him with little time to properly train.

"I needed some time to get healthy and reinvigorate my passion for the sport," Russell says. "I needed some time away to realize how much I wanted to get back in a canoe again."

Russell was born with paddling in his blood and virtually grew up on Lake Banook in Dartmouth, N.S. His grandfather and father were both heavily involved in the sport, while all three of his brothers were competitive paddlers.

He first stepped into a canoe at the age of six. When he stepped away 14 years later, it wasn't easy.

"You have something that's part of your childhood and it's engrained in your day-to-day life, and then you step away from it ... And you really miss it," he says.

With a healthy shoulder and a degree under his belt, Russell decided to give paddling another shot.

"I didn't want to look at things 10 or 20 years from now and ask myself the big, 'What if?'" he says. "I didn't really have any excuses to stay away once I was done with university. It was time to man up and chase the dream."

Facts

NAME: Andrew Russell
AGE: 25
HOMETOWN: Dartmouth, N.S.
SPORT: Canoe
CLUB: Banook Canoe Club
EVENTS: C-2 500 and 1,000 metres
CREWMATE: Gabriel Beauchesne-Sevigny of Trois-Rivieres, Que.

CANOE-KAYAK CANADA PHOTO

Andrew Russell, front, and Gabriel Beauchesne-Sevigny are looking forward to going to Beijing.

He came back better than ever, but it wasn't easy.

When he came out of retirement, he wasn't on the national team and had no funding to support his training. He spent the first year working at a full-time job while training, often starting his day at 5:30 a.m. and finishing at 8 p.m.

Sometimes, he wondered if it was worth sticking with.

"Managing working and being able to afford to train and keep my head above water financially, it was really tough ... really tough to support the whole process," he recalls. "You're only home an hour or two a day when you're actually awake."

"I needed some time away to realize how much I wanted to get back in a canoe again."
Andrew Russell

With the help of a single sponsor — Remote Access Technologies — he slowly re-established himself after teaming up with Gabriel Beauchesne-Sevigny of Trois-Rivieres, Que.

Within a year, Russell made it back on the national team. That got him funding and a spot at the world championships. Within two years, he and Beauchesne-Sevigny had established themselves as the country's top canoe tandem.

They've won four bronze medals and a silver at four World Cup events over the past 15 months, and qualified for the Olympics earlier this summer. They're looking forward to competing in the C-2 500 and 1,000 metres in Beijing.

Russell never imagined this scenario when he retired.

"I'm just really happy I got back into it," he says. "I really missed it a lot and the sport has been good to me. I've gotten so much out of it. It's the best decision I've made."

Olympic ticket sale triggers stampede, violence

CULTURE Unwashed, unfed and lacking sleep, tens of thousands of Chinese shouted, pushed and shoved for their last chance at Olympic tickets on a hot and smoggy Friday, threatening to break through heavy police cordons.

Ticket hopefuls and security officials screamed back and forth as tempers flared less than two weeks before the Games begin.

Loudspeakers blared over and over, telling people to queue patiently as minor scuffles broke out in the crowd and between reporters and police.

Hong Kong television showed police shoving reporters as they tried to clear an area near the ticket booths. Police detained a photographer from the South China Morning Post, the Hong Kong-based newspaper said, and destroyed reporters' cameras and equipment.

"The Hong Kong reporter, surnamed Wong, did not obey police orders and broke through temporary barricades to take photos," Xinhua news agency quoted an unnamed spokesman from the Beijing municipal government information office as saying.

Wong had kicked a police officer in the groin, Xinhua said, citing the spokesman.

A reporter at the newspaper said Wong had been released unharmed.

A police spokesman estimated the crowd at more than 40,000, and said officials were doing everything they could "to keep the situation calm."

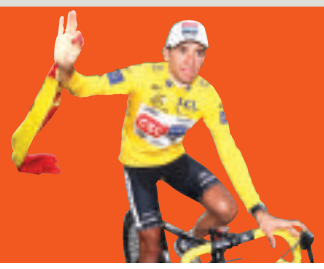
Even before dawn broke, some people tried to charge the gate, prompting a swift response from officials, witnesses said.

Police ejected a number of people from the queue for being too pushy and detained at least one other.

Prospective buyers have been limited to two tickets at the same competition, but officials have promised the last tranche holds tickets for events at every venue. **REUTERS**

Baseball
The Calgary Vipers surrendered five runs in the first inning and could not come back losing 5-3 to the Long Beach Armada yesterday in California. Joe Sergent suffered his first loss as a Viper in giving up all five earned runs. METRO CALGARY

Sports



Spaniard delivers three-peat

Carlos Sastre, left, became the third successive Spaniard to win the Tour de France yesterday. Sastre's victory follows triumphs for Oscar Pereiro in 2006 and Albert Contador last year. Australian Cadel Evans finished second overall, 58 seconds behind Sastre, who effectively secured victory on Saturday after resisting Evans in the decisive time-trial. Reuters

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Rookie claims Open title

Weir continues solid play, but can't end Canadian champion drought

American Chez Reavie overcame an early wobble to card a final round 70 and clinch his maiden PGA Tour title with a three-shot victory at the RBC Canadian Open yesterday.

Reavie, who had had just one top-30 finish in 21 starts during a tough rookie season, began the final round with a one-shot lead over compatriot Anthony Kim.

He bogeyed two of his three opening holes but grimly fought back to seal victory with a birdie at the last for a 17-under 267 winning total.

"I was actually surprised at how calm I was out there today," Reavie said. "Obviously, that was my goal, but I had never been in that situation, so I didn't know what to expect.

"I just managed to stay patient. I never pressed. Even when I made two bogeys early, I just kept with my game plan."

Mike Weir of Bright's Grove, Ont., bidding to become the first Canadian in 54 years to lift the national title, finished five strokes behind Reavie in a tie for fifth but ignited the home crowd with a late charge including birdies on two of his three final holes.

Billy Mayfair fired a three-under 68 to finish alone in second on 14 under. Americans Sean O'Hair (68) and Steve Marino (70) were one shot further adrift on 271.

REUTERS

Chez Reavie of Scottsdale, Ariz, claims the RBC Canadian Open trophy yesterday at the Glen Abbey Golf Club in Oakville, Ont.

White-hot Nadal wins Rogers Cup

TENNIS Rafael Nadal continued his drive towards Roger Federer's No. 1 ranking with a 6-3, 6-2 win over Nicolas Kiefer in the Rogers Cup final yesterday in Toronto.

Nadal, playing his first event since an epic five-set victory over Federer in the Wimbledon final on July 6, claimed his seventh title in 2008 by winning his fifth final in a row since mid-May. REUTERS

Sports in brief

MLB Jarrod Washburn tossed eight innings of one-run ball as the Seattle Mariners defeated the Blue Jays 5-1 yesterday in Toronto.

MLB Relief pitcher Rich "Goose" Gossage was inducted into the Baseball Hall of Fame yesterday. Gossage compiled 310 career saves. METRO NEWS SERVICES

Foggy revved up for racing

LAURENCE HEINEN
for Metro Calgary

Growing up in Calgary, David "Foggy" Fitzgerald dreamed of one day working on a pit crew for a racing team.

"When I was a little kid I always wanted to work on a team and work with my uncle and luckily I got a chance to do it," said Fitzgerald, whose uncle Eldon Rasmussen raced in the Indy 500 three times in the '70s.

"It's just a love of racing."

This past weekend, the 42-year-old Indianapolis resident returned to his Alberta roots to work on rookie IRL driver E.J. Viso's pit crew at the Rexall Edmonton Indy.

"During the race, I do tires and pit stops," said Fitzgerald, who was nicknamed Foggy several years ago after someone on his pit crew said he looked like cartoon character Foghorn Leghorn. "On the pit stops, I do air jack. I'm like the quarterback where, when the car comes in I lift the car up and watch everybody when the tires are being put on."

Fitzgerald

After the car gets fuelled up, Fitzgerald lowers the car to the ground and it's off to the races.

"I watch everybody because the faster the car gets on the ground, the faster the fuel flows," said Fitzgerald, who's been working full time on either the Indy or CHAMP car circuits for 15 years. "If you make a mistake, you can hurt somebody or a tire will fall off."

After Viso finished a disappointing 15th in Edmonton for HVM Racing, Fitzgerald and the crew packed up the truck as fast as they could Saturday night. While Viso and the majority of the crew flew home after the race, Fitzgerald and a fellow pit crew member drove the transport truck back to Indianapolis where the team will prepare for the Meijer Indy 300 at the Kentucky Speedway on Aug. 9.

Although Fitzgerald loves the thrill of being part of a race team, he isn't sure how much longer he'll stay involved on a full-time basis.

"Every year it gets harder and harder to go away from my family," he said, adding he'll miss the sport when he retires. "My office is outside. I get to be at the track and I get to go to a lot of different places and travel and see people."

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Baltimore 5 L.A. Angels 2
Boston 9 N.Y. Yankees 2
Detroit 6 Chicago White Sox 4
Kansas City 6 Tampa Bay 1
Minnesota 4 Cleveland 2
Oakland 6 Texas 5
Seattle 5 Toronto 1

NATIONAL LEAGUE
Arizona 7 San Francisco 2
Chicago Cubs 9 Florida 6
Colorado 11 Cincinnati 0
Houston 11 Milwaukee 6
L.A. Dodgers 2 Washington 0
N.Y. Mets 9 St. Louis 1
Philadelphia 12 Atlanta 10
San Diego 3 Pittsburgh 1

TONIGHT'S GAMES

AMERICAN LEAGUE
L.A. Angels at Boston, 5:05
Baltimore at N.Y. Yankees, 5:05
Detroit at Cleveland, 5:05
Tampa Bay at Toronto, 5:07
Seattle at Texas, 6:05
Chicago Sox at Minnesota, 6:10
Kansas City at Oakland, 8:05

NATIONAL LEAGUE
Colorado at Pittsburgh, 5:05
N.Y. Mets at Florida, 5:10
St. Louis at Atlanta, 5:10
Chicago Cubs at Milwaukee, 6:05
Cincinnati at Houston, 6:05
Arizona at San Diego, 8:05
San Francisco at L.A. Dodgers, 8:10

CFL

WEEK 5

LAST NIGHT'S RESULT
Saskatchewan 28 Toronto 22

FRIDAY'S RESULTS
B.C. 36 Montreal 34
Edmonton 19 Hamilton 13

THURSDAY'S RESULT
Winnipeg 32 CALGARY 28

BASEBALL

GOLDEN BASEBALL LEAGUE GAMES FEATURING THE CALGARY VIPERS:

YESTERDAY'S RESULT
Long Beach 5 CALGARY 3

TONIGHT'S GAME
CALGARY at Orange County, 8:05

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Sea of pink

A sea of pink will unite communities across Canada this week to encourage participation in this year's Canadian Breast Cancer Foundation CIBC Run For The Cure and to raise awareness about breast cancer. METRO NEWS SERVICES

Pink Week

Local businesses join in

As part of Paint Canada Pink Week, which starts today and runs until Aug. 3, five malls are having walks with one-kilometre markings to signify the length of the CIBC Run For The Cure, local businesses will pink their windows, and some restaurants will offer pink menus with proceeds going to the Canadian Breast Cancer Foundation.

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Paint Canada for good cause

Initiative aims to raise awareness, funds

The Canadian Breast Cancer Foundation wants pink to become the national colour.

The foundation is launching its Paint Canada Pink week today, a grassroots initiative all across the country until Aug. 3 to promote its CIBC Run For The Cure Event — the organization's largest annual fundraiser — taking place on Oct. 5.

Nationwide community events will raise awareness about breast cancer in various ways. In Ontario, for example, the CN Tower will be coloured pink and local restaurants across the province will offer pink menus with proceeds going towards the foundation. In the Maritimes, buses will be wrapped with foundation images promoting the October run.

The initiative is volunteer-based, says Sandra Clegg, manager of marketing and communications for the foundation, and you can participate by checking for local events in your area, or by starting one yourself.

This year, the foundation predicts an estimated 22,400 women in Canada will be diagnosed with the disease.

Breast cancer is an issue that connects Canadians from coast to coast: This year, the foundation predicts an estimated 22,400 women in Canada will be diagnosed with the disease — an average of 431 every week. One in nine women is expected to develop breast cancer during her lifetime. An estimated 5,300 women and 50 men will die from it this year.

Intimidating figures, but there's more cause to be optimistic. Significant improvements in research have been made, in part as a result of the foundation's work. Since 1969, incidence and death rates of breast cancer in Canada have declined in women aged 20-39. Survival rates have improved since the 1980s, partially as a result of better screening and treatments. Presently, the relative survival rate for breast cancer in this country is 87 per cent according to the foundation's website, meaning people diagnosed with the disease have an 87 per cent likelihood of living for five years after their diagnosis.

Metro also participated in the fight against breast cancer by running an all-pink edition on May 6 and donating 5 per cent of its advertising revenue for that day towards the foundation.

For more information on breast cancer, visit cbcf.org. METRO NEWS SERVICES

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SILVIU POSTOLOPANOS

Metro Canada Group Publisher Bill McDonald presents Canadian Breast Cancer Foundation National Chair Alison Youngman with a cheque for $40,592.

Runway fashion, with a twist

As part of its partnership with the Canadian Breast Cancer Foundation, Purex is launching its fifth annual White Cashmere Collection 2008: A Touch Of Pink, Designing A Future Without Breast Cancer this fall. Eight leading Canadian fashion designers, including David Dixon, Project Runway Canada winner Evan Biddell and Arthur Mendonça, crafted couture dresses from sheets of white Purex bathroom tissue.

For more, log on to cashmere.ca. METRO NEWS SERVICES

This dress was designed by former Project Runway Canada contestant Lucian Matis.

Dress designs by Arthur Mendonça, above, and Joeffer Caoc, right.

Design by Joyce Gunhouse and Judy Cornish for Comrags.

Design by Evan Biddell, winner of Project Runway Canada.

Breast cancer affects Canadians from coast to coast.
On Sunday, October 5, 2008, unite with all Canadians in the Canadian Breast Cancer Foundation CIBC Run for the Cure.
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Funding to boost UVic programs

RBC has contributed $600,000 to support two programs at the University of Victoria focusing on PSE access for B.C.'s Aboriginal community. The donation is going towards the university's Indigenous Student Summer Camp and Indigenous Adult Orientation Programs. METRO NEWS SERVICES

Workology

Chem lab explosion

A female graduate student at the University of Western Ontario was taken to hospital for precaution following a chemical explosion at the school last week. The student was doing lab work in the chemistry building's basement when an adverse chemical reaction occurred. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Keep job romance discreet

Go for it, but it counts to be wary, most experts say

RAFAEL BRUSILOW
for Metro Canada

Falling in love with someone at work? Go for it, experts say, but stay discreet and be mature about it.

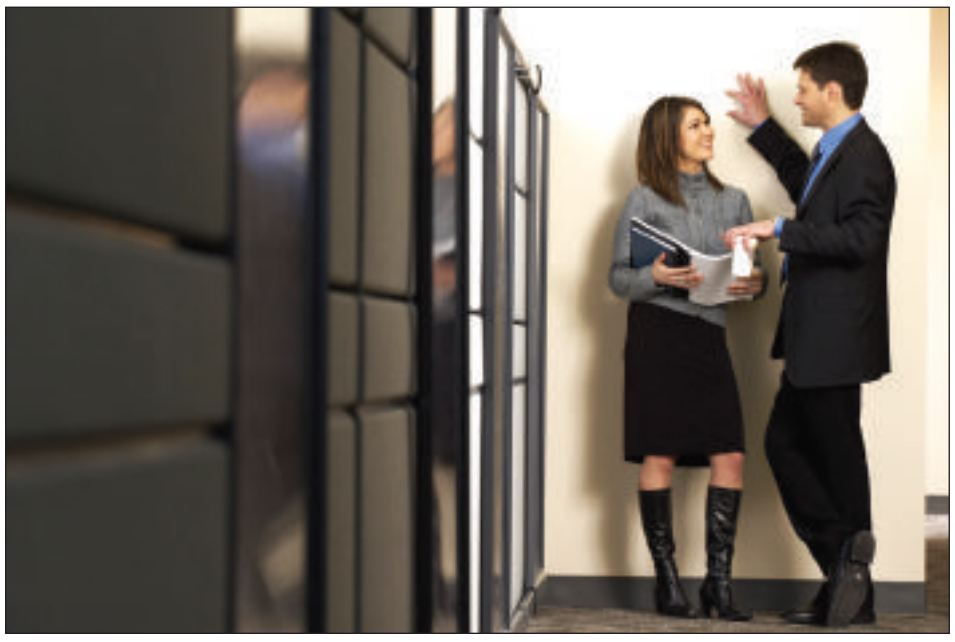
Perhaps the biggest reason workplace romances are relatively common is that for most love-seekers the office is the only place to meet people. Life coach Linda Kaban says any way you look at it, the workplace is actually a rather rich dating arena.

"Because people's lives revolve around work and home, work is the easiest place to meet someone. You have a huge pool to draw on, every type, every level of person and everyone wants the best for themselves," Kaban said.

Kaban's attitude is simple — life is short and chances to find love are often surprising and fleeting, so take the plunge but act like an adult.

"Anything that brings you happiness, go for it. We're all adults, and I believe you have to grab onto happiness when it's within reach," Kaban said.

Suzanne Kavanagh, a former George Brown College human resources professor who supervised studies of workplace relationships, suggests that if you do decide to follow your heart, be discreet and use common sense.



If there is one thing to keep in mind with office romances, it's to keep it discreet.

"Personally, I would say keep it private. Once it becomes public it involves the entire department. And what happens when you break up and you have to go back to the office? You've got to be thinking about tomorrow," Kavanagh said.

Of course, when workplace breakups do happen, the results can be disastrous. Unlike normal breakups where you can just turn your phone off or discreetly click unwanted e-mails into the trash bin, workplace fallouts can mean having to see and work with your ex on a daily basis. Not everyone can handle that — Kavanagh says one woman walked up dozens of flights of stairs every day for months just to avoid the risk of meeting her former flame in the elevator.

Ultimately though, Kaban suggests bad breakups can happen anywhere and fizzled romances in the workplace just require more maturity to confront well.

"If you do break up, you have to be an adult about it, or just make everyone miserable," Kaban joked.

While most businesses do have nepotism policies in place to prevent favouritism towards lovers or family members, Claude Balthazard, a director at the Human Resources Professional Association (HRPA), says very few go so far as to ban or even comment on romantic involvements directly.

Balthazard says most companies are concerned only with whether your conduct at work affects your performance negatively or harms the company in some other way, such as funnelling contracts to a vendor you are involved with. Generally, companies will only reprimand employees if their office romance is hurting their performance or harming office morale.

"Most employers don't care much about the relationship part, they care about the work part. If it's going to cloud your judgment or impair your ability to do your work, that's where companies will draw the line. But usually employers don't like to go there unless it's creating a problem," Balthazard said.

...OPPOSING VIEWPOINTS...

"Anything that brings you happiness, go for it."
Linda Kaban

"You've got to be thinking about tomorrow."
Suzanne Kavanagh

Bad-mouthing rampant in higher roles

WORKPLACE Most people have friends at work, but foes could be more prevalent than one might think.

Half of advertising and marketing executives polled by The Creative Group said a colleague has tried to make them look bad on the job. Professionals who are sabotaged by a co-worker shouldn't let the situation slide, according to respondents: Seven out of 10 said it's best to confront the offender directly.

"In advertising or marketing — as with any competitive field — it's not uncommon for people to promote themselves at the expense of others," said Megan Slabinski, executive director of The Creative Group. "How professionals handle these situations can affect their career prospects. While you don't want to come across as a pushover, you also don't want to overreact."

The Creative Group offers tips for discussing sensitive issues with coworkers:

- Give yourself time to cool down. Wait until you are calm to start a discussion.
- Look at the situation from every angle. What were your colleague's intentions? Did you play a role in the problem? Before you confront someone, try to identify his or her motives, as well as any steps you could have taken to avoid the situation.

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Don't be like daddy or mommy
One in four people would not like their children to follow their footsteps into the same profession. Male lawyers were the most despondent, with one-third saying they would not want their children to do the same job. **BBC NEWS ONLINE**

Beer with your morning coffee

OddJobs

When Mark Hantiuk gets served a bad beer, he doesn't just send it back. He takes the bartender aside and suggests the place stop serving the offending libation.

Once he identifies himself as a 30-year veteran of Labatt Breweries of Canada, the company's current brewery support manager and an expert beer tester, the place usually switches off the keg or yanks the bottles from the fridge.

"I can't enjoy a beer that's not a great beer," says Hantiuk, 50, a confessed perfectionist. Before the airlines changed their rules, he used to bring bottles of tasty discoveries back from his travels. The downside: "I can't go on holiday to a place where they don't have good beer."

He was studying food and nutritional science at the University of Alberta when Edmonton's Labatt brewery advertised for a quality technician for the summer of 1978. Hantiuk knew nothing about beer except that he liked to drink it. "As a young guy, the concept of being a brewmaster was pretty exciting." After graduation two years later, he got hired as a brewer trainee and later an assistant brewer. He went on to be head brewer for the company's Waterloo, Ont., facility (which has since closed down) and then the brewery in London.

Most of Hantiuk's day is spent poring over reports of the 250 lab tests Labatt runs on every batch of beer. Tests measure everything from colour to foam head, all of which can change thanks to the variability of malt, barley, hops and yeast.

Every day around 11:30 — after avoiding food and all drinks except water for the previous two hours — Hantiuk assembles a team in a special room with filtered air and separate cubicle-like booths, and everyone swigs up to seven different beer samples.

The tasters swish, sniff and taste before making notes on 20 different attributes such as aroma, bitterness and aftertaste.

Yes, Hantiuk and his team drink every day, but they gulp little. "If you try to take a large amount and then go to another sample, you'll be less sensitive. Tasting doesn't lend itself to a big drinking session."

The results of the taste and technical tests allow Hantiuk and his team to suggest the brewmaster increase the amount of an ingredient or alter a temperature during the brewing process to make the next batch closer to ideal.

Hantiuk trusts his taste buds when it comes to beer, but perfection is somewhat subjective. "I like to think I'm the beer god, but the reality is there's a team of us, and I use everyone's input."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown
Beer Taster

- **Salary:** not available
- **Education:** a general science degree, plus on-the-job training
- **Best part of the job:** "Working for Labatt allows me to pursue my passion, which is discovering the perfect beer. I also take great pleasure in teaching people, whether that's new employees or students, about what makes a quality beer."
- **Worst part of the job:** "There are times when we have a special early morning tasting, which means I have to skip my morning coffee."
- **Favourite beers:** In summer, he likes Blue Light. For winter: Keith's or Kokanee.

Desk rage taking over offices

WORKPLACE Get out of the way, road rage. Here comes desk rage.

Anger in the workplace — employees and employers who are grumpy, insulting, short-tempered or worse — is shockingly common and likely growing as people cope with woes of rising costs, job uncertainty or overwhelming debt, experts say.

"It runs the gamut from just rudeness up to pretty extreme abusive behaviours," said Paul Spector, professor of industrial and organizational psychology at the University of South Florida. "The severe cases of fatal violence get a lot of press but in some ways this is more insidious because it affects millions of people."

Nearly half of U.S. workers in America report yelling and verbal abuse on the job, with roughly a quarter saying it has driven them to tears, research has shown.

Other research showed one-sixth of workers reported anger at work has led to property damage, while a tenth reported physical violence and fear their workplace might not be safe.

"It's a total disaster," said Anna Maravelas, author of How to Reduce Workplace Conflict and Stress. "Rudeness, impatience, people being angry — we used to do that kind of stuff at home but at work, we were professional. Now it's almost becoming trendy to do it at work.

"It was something we did behind closed doors," she said. "Now people are losing their sense of embarrassment over it."

REUTERS

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Filmmaker Chahine dead
Moviemaker Youssef Chahine has died, just weeks after suffering a brain hemorrhage. The celebrated director, 82, died at Al Maadi Military Hospital in Cairo, Egypt, yesterday. IMDB.COM

Entertainment

New variety

Former talk-show host Rosie O'Donnell, is reportedly in talks with NBC to return to television with her own weekly prime-time variety show. EW.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Spears lands final custody agreement

COURTS

Spears

Singer Britney Spears will pay $20,000 US a month in child support to ex-husband Kevin Federline for the care of their two children and will make a final payment of $250,000 to his lawyers, according to a final custody agreement.

The monthly child support payment is a $5,000 increase over what Spears and Federline, a dancer and rap singer, agreed to last year, the court papers showed.

The deal formally settles the custody case between Spears, 26, and Federline, 30, said a spokesman for the Los Angeles Superior Court. The custody portion of the settlement was not made public. In an order filed on Friday, an August custody trial for the case was called off. REUTERS

Rock's sexiest senior

Mick Jagger defies years as he hits pension age, keeps rocking along

Mick Jagger is now entitled to a basic state pension of just under $180 a week.

But he will have to wait another five years for free roof insulation — that benefit is only available to Britons over the age of 70.

The lead singer of British rock band the Rolling Stones turned 65 on Saturday, making him an old-age pensioner, albeit in name only.

Jagger continues to turn back the clock with age-defying live performances, recently impressing movie audiences with his energetic strutting and pouting captured by director Martin Scorsese in the 2008 rock documentary Shine a Light.

He is increasingly involved in film production, acting as executive producer on Shine a Light and backing two other feature films since then. Rumours of a new Rolling Stones album and world tour also regularly surface in the news.

Should Jagger's estimated 225 million pound ($450 million US) fortune, plus pension, prove insufficient, another tour would be a sure way of helping make ends meet.

The Rolling Stones' A Bigger Bang tour became the most successful of all time, grossing more than $558 million from 2005 to 2007, according to Stones tour producer Michael Cohl.

Michael Philip Jagger was born in Dartford, in the south of England, on July 26, 1943, the son of a school teacher and a hairdresser.

In the early 1960s, he and guitarist Keith Richards formed the Rolling Stones, and as lead singer Jagger went on to become one of rock 'n' roll's most famous frontmen, churning out a string of classic hits from (I Can't Get No) Satisfaction and Jumpin' Jack Flash to Ruby Tuesday and Angie.

GETTY IMAGES FILE PHOTO
Rolling Stones' frontman Mick Jagger turned 65 over the weekend.

The Rolling Stones' A Bigger Bang tour became the most successful of all time, grossing more than $558 million US.

The band is estimated to have sold more than 200 million albums worldwide and regularly ranks at or near the top of lists of the most influential acts in pop music history.

Jagger has had a string of high-profile romantic affairs, including relationships with Marianne Faithfull and Carla Bruni, now married to French President Nicolas Sarkozy.

He was married twice and has seven children and is a grandfather. REUTERS

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Likable celebrities best product pushers: Survey

PEOPLE Forget popularity and recognition. Celebrities who are likable and can be trusted have the most influence on what consumers buy, according to a new study.

Smith

While actor Brad Pitt and pop singer Britney Spears are the most recognized stars among 200 famous faces tested in a survey, they failed to crack the top five for likability, according to New York-based market research company NDP Group, Inc.

Actors Will Smith, Denzel Washington, Matt Damon, Halle Berry and George Clooney were the most likable celebrities.

Oprah Winfrey's interior designer Nate Berkus and Will Smith topped the chart for eliciting trust, followed by chef Mario Batali, golfer Tiger Woods and chef Paula Deen.

"It's not about fashion and it's not about beauty that's necessarily connecting the celebrity and the product anymore," Marshal Cohen, an analyst with the group, said in an interview.

"It's really more about getting exposure for reasons that go beyond just the glamour shots." REUTERS

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **The Dark Knight:** $75.6 million US
2. **Step Brothers:** $30 million
3. **Mamma Mia:** $17 million
4. **The X-Files: I Want to Believe:** $10.2 million
5. **Journey to the Center of the Earth:** $9.4 million
6. **Hancock:** $8.2 million
7. **WALL-E:** $6.3 million
8. **Hellboy II: The Golden Army:** $4.9 million
9. **Space Chimps:** $4.4 million
10. **Wanted:** $2.7 million

REUTERS

I'm wearing Jessica
Singer Jessica Simpson will grace us with a dress line, which means now fashionistas can have an entire outfit — from shoes to handbag to jewelry — made up entirely of the Jessica Simpson Collection. **E! NEWS ONLINE**

In praise of 'successories'

InteriorDivine

God bless the humble accessory, that omnipresent decorative nugget without which even the most studiously created project runs the risk of looking somewhat incomplete.

We prefer to call accessories "successories" because, used properly, they successfully complete each room. It's simple — choose good kit and your home will blossom. Adopt a snatch-and-grab attitude to layering, however, and your home will look overly fussy.

So what about other TV, ahem, experts who counsel clearing everything you own, suggesting as they do that your affairs are little more than worthless clutter? Pah, say we!

And we know best, because we work with our clients rather than against them. If that means shoehorning our clients' stuff into the new design (rather than into the nearest dumpster) we'll find a way.

But what actually constitutes clutter? And how should you edit? Well, clutter, in its truest form, happens when there are too many things dotted around that don't share a relationship. Good accessorizing, however, will add to your home's overall harmony, it should encompass your personal taste and it should only — repeat, only — be comprised of things that genuinely matter or those that have sentimental value.

So how do you pick the best accessory for the job? Well, whatever your style, your accessories should in some way relate to the colour scheme and overall mood of your home.

When dressing projects, we tend to start with our clients' choice of books and art, as these tend to be extremely personal and send out strong style signals. We harvest as much info as possible to ensure every inclusion is utterly relevant.

Quantity is also worth considering — take our advice and invest in a smaller number of larger, more significant pieces; better any time than a gaggle of mismatched ornamentation.

Scale, too, is important so make sure your chosen piece is the right size for the room. A huge painting could dominate a small environment and look heavy handed and conversely a single smaller picture placed on a large wall could look lonely and insignificant. Yup, it's all in the balance. Clustering smaller artworks can achieve great results, but try to establish uniformity either via colour, framing or subject matter.

Gluckstein Home cushions, $19.99 each, Home Outfitters.

How-to

Soft accessories
• In the bedroom, we love to use cushions as a splash of colour. You'll find that a few well-chosen throw pillows also add character to even the simplest of sofas.

Grouping accessories
• We generally group accessories in odd numbers — threes, fives, etc. — and we try to use items that vary in height from tall and medium down to small. We don't know why this configuration tends to work best; it simply does.

And finally...
• The golden rule with accessorizing is co-ordination or, put even more simply, finding the right piece for the right place. A well positioned artifact can provide the difference between your room having the wow factor — or the woe factor — so it's well worth making the effort to get it right. Remember, less is more!

Colin & Justin's Home Heist airs Tuesdays at 7 p.m., Saturdays at 5 p.m. and Sundays at noon on HGTV. www.hgtv.ca

Office talk

REUTERS

Ricky Gervais in the original British sitcom The Office.

Russian version of The Office planned

TELEVISION Russia's Channel One will throw open its doors to a local version of Ricky Gervais and Stephen Merchant's hit TV show The Office. BBC Worldwide said it has sold local version rights to the Russian broadcaster, which will make 24 half-hour episodes via production company Red Square.

BBC Worldwide Russia sales chief Ben Donald said it is the first scripted format the broadcaster had licensed to Russia.

BBC Worldwide has licensed local versions of The Office to France and Canada. The most recent is set to air in Chile beginning in August with Manuel, a Latino David Brent, at the helm.

REUTERS

Backstreet at work on new discs

MUSIC Backstreet Boys Howie Dorough and A.J. McLean are continuing to work on their first solo projects even as the group has started work on its sixth studio album.

Dorough tells Billboard.com that "A.J.'s about done" with his album, while Dorough is "probably close to halfway there." Release dates for both albums are up in the air, however. "Obviously Backstreet's always gonna be No. 1," Dorough says. "It's a matter of timing ,.. so that we're not competing with each other or taking time away (from the group)."

The group has already started working on its follow-up to Unbreakable, recording new material while on tour in Europe. Dorough says they plan to hit the studio after their tour of North America, which starts tomorrow in St. Johns, Nfld. **REUTERS**

IntelleVision

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/28/08	267	351 - ACCESS	Law & Order: Criminal Intent		Green House	CareersTV	Smallville "Hero" (HDTV)		Wanna Bet? (N)		Help TV
	243	317 3 CFCN	eTalk	Degrassi: Next	Canadian Idol		High School Musical: Picture		CSI: Miami "Born to Kill"		News (N)
	-	- 4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	High School Musical: Picture		Wanna Bet? (N)		The Mole
	245	306 6 CBRT	Coronation St.	Countdown to	How Do-Maria	City Chase (N)	The Border (DVS)		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	Risk Takers "Stunt Men"		Bones (HDTV PA)		House (HDTV PA)		News Hour
	246	- 8 CKAL	Friends	Friends	The Mole (N)		American Gladiators (N)		Reaper "Magic"		Your City
	119	705 9 CBXFT	Des squelettes	Zone	Chère Betty (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
primetime	-	372 12 KREM	News (N)	Hollywood	Friends	Scrubs	Big Bang Th	How I Met	Two/Half Men	Old Christine	CSI: Miami
	-	374 14 KSPS	NewsHour With Jim Lehrer		Being Served	Wait for God	Antiques Roadshow		History Detectives (N)		Chasing
	502	390 15 CBC	CBC News: The National		Blue Helmets: Peace.		CBC News: The National		CBC News: The National		Blue
	-	370 16 KHQ	News (N)	Raymond	Jeopardy!	Wheel-Fortune	American Gladiators (N)		Nashville Star		Dateline NBC
	-	373 22 KAYU	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA)		House (HDTV PA)		News (N)
	297	652 37 WPIX	One Tree Hill (HDTV)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	Frasier
news	500	500 29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400 21 TSN	WTA Tennis: Rogers Cup		SportsCentre (HDTV) (Live)			Off the Record	NASCAR Racing		Poker Night
	408	418 27 net	MLB Baseball		Sportsnet Connected		World's Toughest Cowboy		Sportsnet Connected		World Combat
	410	403 30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457 44 OLN	Mantracker (N)		Departures		Pilot Guides		Don't Forget Your Passport		Amazing Race
	417	406 48 SPEED	101 Cars-Drive	Car Crazy	Barrett-Jackson		Pinks	Pass Time	This Week in NASCAR		101 Cars-Drive
family	552	543 20 YTV	Drake & Josh	iCarly	The Next Star		Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	557	541 39 FAM	Zoey 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545 67 TOON	6teen	Johnny Test	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	*Mosaic*
cable variety	575	583 11 CMT	Reba	Hope & Faith	Home Improve.	Roseanne	Dedicated		Reba	Hope & Faith	Home Improve.
	553	546 17 TREE	Little Bear	Miss Spider	Big Comfy	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	- 18 CHTV	'70s Show	E! News	X-Weighted "Jill" (N)		My Boys	How I Met	Nashville Star		News (N)
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Shopping Bags	House	How Clean	How Clean	How Clean	House	Confidential	Divine Design	How Clean
	521	560 24 TLC	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Must Love Kids (HDTV)		Jon & Kate	Jon & Kate	Jon & Kate
	603	561 25 FOOD	Good Eats	Perfection	Kitchen Nightmares		Restaurant Makeover		Iron Chef America		Good Eats
	615	520 26 A&E	Intervention "Asa" (N)		Paranormal	Paranormal	The Cleaner "Rag Dolls"		Intervention "Tressa"		Intervention
	617	522 32 SHOW	Trailer Park	Billable Hours	ReGenesis (HDTV)		Cold Squad (Part 2 of 2)		Trailer Park	Billable Hours	Jekyll (N)
	601	562 33 SLICE	Wedding SOS	Party Mamas	The Millionaire Matchmaker		End of Leash	Spoiled Rotten	Wedding SOS	Party Mamas	Matchmaker
	-	633 34 ENC2	(7:15) *Carver's Gate* ★★ (1995, Science Fiction)				*Unhook the Stars* ★★★ (1996, Drama) Gena Rowlands.				*Georgia*
	520	505 35 DISC	Really Big Things		Dirty Jobs Penguins.		Daily Planet		Blue Realm		Dirty Jobs
	620	523 36 BRAVO	Eva: The Price of Passion		Anatomy of Burlesque		Law & Order		Without a Trace		Entourage
	294	650 40 WPCH	*Men in Black* ★★★ (1997, Comedy) Tommy Lee Jones.				Seinfeld	Frasier	*Men in Black* ★★★ (1997, Comedy)		
	626	547 41 COM	Laughs	Rick Mercer	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Jon Dore Show
	-	539 42 TCM	(6:30) *The Marrying Kind* (1952)			Elvis Mitchell	*Meet Me in St. Louis* ★★★ (1944, Musical) (DVS)				*Paper Moon*
	628	584 43 SPIKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		*The Thomas Crown Affair* (1999, Suspense)		
	522	516 45 HIST	Disaster-Cent.	Masterminds	NCIS "Switch"		Servants of Evil		*Downfall* ★★★ (2004, Historical Drama)		
	627	528 46 SPACE	Taken "Charlie and Lisa" (Part 6 of 10) (DVS)				Stargate SG-1		Star Trek: Voyager		Star Trek: Ent.
	-	- 47 AMC	(6) *The Blue Max* ★★★ (1966, War) George Peppard, James Mason.					*Fixed Bayonets* ★★ (1951, War) Richard Basehart.			
	619	525 49 TROP	Are You Smarter		Deal or No Deal Canada		ET Canada	What Happen?	X-Weighted "Jannette"		Smarter
	600	564 50 HGTV	Property Virgin	House Hunters	Location, Location, Location		Holmes on Homes		Design U	Home to Stay	Property Virgin
	501	391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508 70 BNN	Franklin Templeton		Market Call		Business News		Market Call	Money Talks	Taking Stock
	526	507 92 CLT	Decoding the Past		Traders		The West Wing		Irish Empire		Decoding-Past
	269	350 93 APTN	First Talk	News (N)	Mupu	Desti'Nations	APTN Indies	Riviere Magpie	*En quête de liberté* ★★★ (1992, Drame)		
	-	- 94 MCP	(6:30) News	News	The Land	Daughters-Law	Doctor Song Lian Sheng		Marimar		Telesine Night
	571	581 100 MMM	Listed		I Know My Kid's a Star		Popaganda		I Know My Kid's a Star		Listed
	570	580 101 MM	MuchNews	The NewMusic	PunchMuch		MuchTopTens		Punk'd	Instant Star	Video on Trial
	581	566 102 MTV	Super Sweet	Engaged	Living on Edge	Living on Edge	MTV Live		From G's to Gents		Living on Edge

critics'corner

Downfall
At least someone had the guts to say she regretted working with Adolf Hitler. Seen through the eyes of his personal secretary, Traudl Junge, this 2004 drama focuses on the last 10 days of Hilter's life. Alexandra Maria Lara plays Junge, with Bruno Ganz as the dictator and Juliane Kohler as Eva Braun. 10 PM on HIST

CSI: Crime Scene Investigation
Remember the miniseries "V"? We're guessing the episode title "Leapin' Lizards" came from the mind of someone who watched it. After a murder, the CSI team investigates several members of a UFO fan club. The suspects are convinced shape-shifting aliens have been trying to bring about the destruction of the human race for centuries. Yeah. One guess as to how much the science-minded team believes these guys. 6 PM on SPIKE

Sober Living
Comedian Andy Dick has reportedly signed up for Celebrity Rehab spin-off show Sober Living, in a bid to beat alcoholism. IMDB.COM

Celebrity Buzz

Hilton feels all grown up

RELATIONSHIPS "I just feel like a grown-up now."

That's Paris Hilton talking. The hotel heiress attributes her newfound maturity to her romance with musician Benji Madden and their more low-key lifestyle, People.com reports.

"I think my whole life I was kind of living as a teenager and not really taking responsibility," Hilton said. "Now I realize that I'm an adult and I'm running a huge company and I'm in love. I'm in a great relationship. I have my family. I'm just excited for life."

When the notion of tying the knot with Madden (whose brother Joel is the paramour of Nicole Richie) was broached, Hilton was cautiously optimistic.

"I don't know," she mused. "We're so in love and so happy right now and it's only been like six months. So we'll see what happens, but we're so in love and so happy and things have never been better. I finally have a nice guy."

The couple is also making music together in the studio. "We just wrote together," Hilton said. "I had a whole recording studio in my house and so we've been working there every night. "He helps me because he's an incredible writer and we're on the same wavelength," she said.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

No more tattoos for Richie's man

BAN Nicole Richie has banned fiancé Joel Madden from getting another tattoo, femalefirst.co.uk reports.

The 26-year-old beauty, who has a six-month-old daughter Harlow with the Good Charlotte rocker, reportedly lost her temper when Madden told her he wanted an etching of their daughter on his tooth.

"Joel promised Nicole that he wouldn't get any more tattoos," a source said. "Then a friend suggested a tooth tattoo, which is a photo imprinted on a tooth. When Joel told Nicole he wanted to get their daughter Harlow's face tattooed on one of his front teeth, she shrieked, 'Absolutely not!'"

Madden has around 10 tattoos.

METRO NEWS SERVICES

Mills is impossible: Publicist

QUITTING Heather Mills' publicist Michele Elyzabeth has quit her job, declaring Heather "impossible" to work for, femalefirst.co.uk reports.

"After working for Heather Mills for four years, I have decided to cease representing her," Elyzabeth said, who claimed Mills called her stupid. "Since her divorce has become final, in my opinion, Heather has become an impossible person."

Elyzabeth, who claims she is owed money by the charity campaigner, also admits she can now understand the public perception of Mills.

"I have been very patient in my dealings with Heather, however, I cannot take anymore," Elyzabeth told the TV show Extra.

METRO NEWS SERVICES

celebrity briefs

Wahlberg devoted to family life

MARRIAGE With baby No. 3 on the way, Mark Wahlberg is committed to making his family life as successful as his film career — and that includes marrying longtime girlfriend Rhea Durham, People.com reports. The actor and Durham, 30, plan to have a formal wedding next summer after their baby is born.

METRO NEWS SERVICES

It's a girl for Dixie Chicks' Maguire

BABY NEWS Martie Maguire of the Dixie Chicks gave birth to a girl, Harper Rosie Maguire, on Friday in Austin, Tex., the musician announced. The baby is the third child for Maguire.

METRO NEWS SERVICES

Richards goes 'too far'

CUSTODY BATTLE Denise Richards went too far when she falsely accused her ex, Charlie Sheen, of molesting their daughters — and now Sheen will move for full custody of the kids by charging that their mother is a liar, PageSix.com reports.

Richards dragged Sheen into a Los Angeles courtroom early last week for a mysterious "emergency" child-custody hearing to screen videos of their girls, Sam and Lola, supposedly acting in strange and disturbing ways. Sheen's lawyers — who got the "evidence" dismissed — presented their own videos of the girls acting normally at his house.

"Denise's accusations were vile," a source said. "She was basically trying to say Charlie (manipulated) the kids and acted inappropriately with them. It's disgusting and totally untrue. Charlie is furious … Denise has really pushed it too far this time."

METRO NEWS SERVICES

celebrity briefs

Publisher sues rappers over books

IN COURT Executives at a publishing company have launched legal action against Foxy Brown and Lil' Kim — accusing the rappers of failing to deliver books they were paid to write, femalefirst.co.uk reports. Simon & Schuster Inc. wants remuneration for the advance pay which was awarded to the two artists.

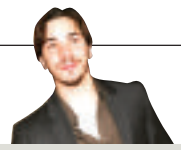
METRO NEWS SERVICES

Bello's bold move pays off

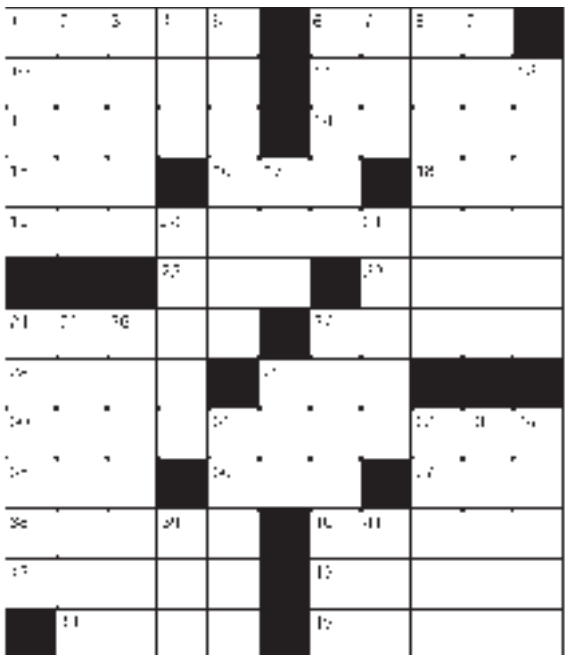
RELATIONSHIPS Actress Maria Bello is pleased she flirted with a hunky waiter at a family birthday party — because he soon became her boyfriend, imdb.com reports.

METRO NEWS SERVICES

Heartbroken
Drew Barrymore's ex-boyfriend Justin Long has reportedly quit a role in the actress' directorial debut Whip It because he is still too raw from their split to work alongside her. IMDB.COM



Take Five



Crossword down

1 Flight part
2 Veranda
3 In the middle of
4 Homer's neighbour
5 Very much
6 Boss, on safari
7 Border
8 Work security item
9 "Tartuffe" playwright
12 Joined together
17 Maple Leafs' org.
20 Severe
21 Like some situations
24 Bother
25 Newspaper issue
26 Sailing event
27 Door topper
29 Discoverer's cry
31 Streetcars
32 Grohl and Chapelle
33 Put forth
34 Body-shop challenges
39 Beer bash sight
41 Juan Perón's wife

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Crossword across

1 Informal language
6 Hat part
10 Circus performer
11 Extra hand of cards
13 Battery end
14 Stroll
15 Actor McKellen
16 Columnist Landers
18 Feel poorly
19 Like most people
22 The whole amount
23 Shrek, for one
24 Gleeful
27 Jacket material
28 Some poems
29 "Entourage" agent
30 Facile
35 Greek vowel
36 Sprinted
37 Log chopper
38 One-time capital of Alaska
40 Common dice roll
42 Tribe symbol
43 Not hidden
44 Pesters
45 Ship poles

previous day's answer

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A notorious cheater settles a debate. Ignore apathy and stand by your original plan. Spontaneity inspires the kissing of someone.

TAURUS
APRIL 21-MAY 21
Pushing ideas on a scared man is stupid. There's no reason to fix anything that isn't broken. Shocking behaviour isn't acceptable.

GEMINI
MAY 22-JUNE 21
An awkward man is the master of love. Snoozing becomes a source of irritation. Present your ideas with passion.

CANCER
JUNE 22-JULY 22
Getting special treatment is an act of justice. Be indulgent with a peer. A surprising offer will be made.

LEO
JULY 23-AUG 23
Respect is the result of an encounter. Your charisma won't win you the job you deserve. Don't get caught up in confrontations.

VIRGO
AUG 24-SEPT 22
Something useless will be discarded. Confide your wishes to a trusted friend. Your ability to understand will reach new heights.

LIBRA
SEPT 23-OCT 23
Knowledge of consequences adds depth to relationships. Share funny things with cuddle bunnies. Revise a solution to a problem.

SCORPIO
OCT 24- NOV 22
Intense happiness will be felt on a new path. Your heart will alter your love life abruptly. A homebody is avoiding doing chores.

SAGITTARIUS
NOV 23- DEC 21
Love blooms for a troubled person. A relative saves the day. Offer an invitation to a truthful female.

CAPRICORN
DEC 22-JAN 20
Self-assurance makes a difference in a lover. A childhood trauma is called to mind. A tiny female gives wise instructions.

AQUARIUS
JAN 21-FEB 18
An innocent man will confuse you. Last minute rewards come before bedtime. Take your place in somebody's loving heart.

PISCES
FEB 19-MAR 20
A champion is caught in an act of kindness. Free yourself from a horrible situation. You're lucky because of your daydreams.

This day in history

JULY 28, 1586: First potato arrives in Britain.
JULY 28, 1609: Bermuda is first settled, by survivors of the English Sea Venture, en route to Virginia.
JULY 28, 1821: Peru: Jose de San Martin declares independence from Spain.
JULY 28, 1868: The 14th Amendment to the Constitution in the U.S. is passed, establishing African American citizenship and guaranteeing due process of law.

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

6	9	3	5	1	4	8	2	7
7	5	2	9	3	8	1	6	4
8	1	4	6	7	2	9	5	3
2	3	1	7	8	5	4	9	6
9	6	8	2	4	3	5	7	1
4	7	5	1	6	9	3	8	2
1	4	9	8	2	7	6	3	5
3	8	7	4	5	6	2	1	9
5	2	6	3	9	1	7	4	8

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

6		8				7		5
	5	3	8		2	9	1	
4								6
			2		4			
	7			1			8	
			7		9			
1								8
	8	2	9		3	6	7	
3		4				5		2

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Calgary weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Tuesday	Wednesday	Thursday
Sunny. 21°	Clear. Low 9°	Mainly sunny. 24°/ 12°	Mainly sunny. 21°/ 8°	Sunny. 22°/ 9°

Temperature Normals
High: 24.5°
Low: 9.3°

Records
High: 34.4°/1939
Low: 1.7°/1926

Sunrise: 5:56 a.m.
Sunset: 9:27 p.m.
Moonrise: 1:05 a.m.
Moonset: 7:02 p.m.

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Village at
West Springs

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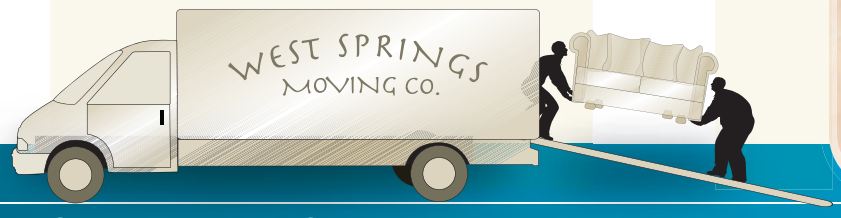

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